DOCUMENT RESUME

ED 447 089 SP 039 565

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TITLE	The Owner's Manual for the Brain: Everyday Applications from Mind-Brain Research. Second Edition.
ISBN	ISBN-1-885167-41-5
PUB DATE	2000-00-00
NOTE	830p.
AVAILABLE FROM	Bard Press, 1515 South Capital of Texas Highway, Suite 107, Austin, TX 78746. Tel: 512-329-8373; Fax: 512-329-6051; Web site: http://www.bardpress.com.
PUB TYPE	Books (010) -- Reports - Descriptive (141)
EDRS PRICE	Document Not Available from EDRS.
DESCRIPTORS	Academically Gifted; Aging (Individuals); Alzheimers Disease; Attention Deficit Disorders; *Brain; Caregivers; Cerebral Palsy; Child Abuse; Child Development; Creativity; Curriculum Development; Depression (Psychology); Diseases; Dyslexia; Eating Disorders; Emotional Problems; Employment; Epilepsy; Gender Issues; Genetics; Intelligence; Interpersonal Relationship; Language Acquisition; Learning Strategies; *Memory; Mental Disorders; Mental Retardation; Music; Neurological Impairments; Nutrition; Pain; Personality Traits; Physical Activity Level; Physical Health; Problem Solving; Radiology; Sex Differences; Sexuality; Sleep; Spirituality; Stress Variables; Substance Abuse; Teacher Role; Teaching Methods; Well Being
IDENTIFIERS	Amyotrophic Lateral Sclerosis; Cerebrovascular Disorders; Multiple Sclerosis; Parkinsons Disease

ABSTRACT

This book discusses what is known about the brain and memory storage and how people can improve their recall of information. There are 10 parts with 37 chapters. Part 1, "Forming a Foundation: The Context for Using Your Owner's Manual," includes topics like brain basics and brain imaging. Part 2, "Wellness: Getting the Most Out of Every Day," includes topics like nourishment, sleep, and music. Part 3, "The Birds and the Bees: Sex, Gender, and Relationships," discusses sex, gender, love, and relationships. Part 4, "Illness and Injury: What We Know About Brain Repair," includes brain-related disorders and their treatment, structural disorders, and degenerative conditions. Part 5, "Being in Control: Emotions, Motivation, Stress, and Burnout," discusses getting savvy about emotions and taking charge of one's life. Part 6, "Individual Differences: Appreciating Our Many Gifts," includes a universal language for personality traits and different ways to be intelligent. Part 7, "Learning: The Brain as Student," includes designing instruction, the teacher's role, enhancing memory, and learning style. Part 8, "Creativity and Problem Solving: Making Mountains Out of Hills," includes the psychobiology of creativity, removing barriers to creativity, and creating leverage. Part 9, "Working Smarter: The Brain in the Workplace," highlights brain friendly approaches to change and brain ergonomics. Part 10, "Schemas, Reality, and Spirituality: Looking Beyond Appearances," includes epistemology, states of consciousness, and new mind-body applications. (SM)

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